

Moonglide

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Count: 96

Wall: 2

Level: Phrased Advanced

Choreographer: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - September 2024

A: 32 counts, B: 32 counts, C: 32 counts.

Intro: Start on first clear beat in music. App. 1 sec. into track. Start with weight on L foot

Sequence: A, B, C, A, A, B, C, A, A, B, C, C.

A1 Part: 32 counts, 1 wall

[1 - 8] Syncopated jazz box, side R, behind $\frac{1}{4}$ R fwd, side R, L knee pop in

1 - 2& Cross R over L (1), Step back on L (2), quickly step R to R side (&) 12:00

3 - 4 Cross L over R (3), step R to R side (4) 12:00

5&6 Cross L behind R (5), turn $\frac{1}{4}$ R stepping R fwd (&), step L fwd (6) ...

Arms for count 6: both hands up to chest height and tighten fists as if grabbing a steering wheel 3:00

7 - 8 Step R to R side (7), pop L knee into R knee (8) ... Arms: keep hands/arms in position and move them in a circle clockwise (7-8)3:00

[9 - 16] $\frac{3}{4}$ L, L coaster step, rock steps with hip pushes, step onto R, $\frac{1}{4}$ R hitching L

1 - 2 Drop arms turning $\frac{1}{4}$ L stepping L fwd (1), turn $\frac{1}{2}$ L stepping back on R (2) 6:00

3&4 Step back on L (3), step R next to L (&), step L fwd (4) 6:00

5 - 6 Rock R fwd pushing hips fwd (5), recover on L pushing bum backwards (6) 6:00

7 - 8 Recover onto R (7), turn $\frac{1}{4}$ R on R hitching L knee (8)...

Hand movement: bring R hand up as if drinking from a glass (lyrics: 'to the bar')9:00

[17 - 24] L samba whisk, $\frac{1}{4}$ R samba whisk, fwd L, $\frac{1}{4}$ R tic toc, hitch slide R

1&2 Step L to L side (1), rock back on R (&), recover on L (2) 9:00

3&4 Turn $\frac{1}{4}$ R stepping R to R side (3), rock back on L (&), recover on R (4) 12:00

5&6 Step L fwd (5), swivel R heel L $\frac{1}{4}$ R (&), swivel L heel $\frac{1}{4}$ R (6) ... Body turns $\frac{1}{4}$ R on count 6 3:00

&7 - 8 Hitch R knee into L (&), step R a big step to R side (7), slide L towards R (8) 3:00

[25- 32] Ball side rock, back sweep X 2, R back rock hitch, recover, step $\frac{1}{4}$ L

&1 - 2 Step L next to R (&), rock R to R side (1), recover on L (2) 3:00

3 - 4 Step back on R sweeping L out to L side (3), step back on L sweeping R out to R side (4) 3:00

5 - 6 Rock R back on R hitching L knee (5), recover on L (6) ...

Arms: with R arm up and L hand down move them in a semi-circle clockwise as if drawing a circle finishing with L forearm on top of R 3:00

7 - 8 Step R fwd (7), turn $\frac{1}{4}$ L stepping onto L (8) 12:00

B Part: 32 counts/1 wall

[1 - 8] R heel strut, touch behind, unwind full turn R, side R, hands, Hold, ball side to L

1 - 2 Touch R heel fwd (1), step down on R (2) ... Arms: both arms up in a 'hands up' position (1), lower arms as if putting them down on a table (2) 12:00

3 - 4 Touch L behind R (3), unwind full turn on L (4) ...

Arms: move arms R to prep for turn (3) 12:00

5 - 6& Step R to R side bringing both hands down to R hip with L palm on top of R hand (5), do a hand wave to L hip transferring weight to L (6&) 12:00

7 - a8 Hold (7), step R next to L (a), step L to L side (8) 12:00

[9 - 16] Hand throws, R rolling vine, circle arms, reach hands fwd, pull hands back to chest

1 - 2 Throw R arm fwd to L diagonal as if grabbing a rope (1), do the same with L but in front of R hand (2) 12:00

3 - 4 Pull arms down and turn $\frac{1}{4}$ R stepping R fwd (3), turn $\frac{1}{2}$ R stepping L back 9:00

5 - 6 Turn $\frac{1}{4}$ R stepping R to R side (5), Hold (6)

Arms: starting on count 5 with R arm up and L hand down move them in a semi-circle clockwise as if drawing a circle finishing with L forearm on top of R on count 6 12:00

7 - 8 Reach both hands fwd (7), pull both hands to chest (8) 12:00

[17 - 24] Grab R hand with L, zig zag arms, R toe strut with glide 3/8 L, R&L hitches

1 - 2 Bring R hand up to R side with arm at shoulder height and at a right angle while grabbing wrist with L hand (1), still holding bring hands across to L shoulder 12:00

3 - 4 Bring hands to right side of rib cage (3), Bring hands to L hip turning body to L diagonal (4) 10:30

5 - 6 Push R toe into floor gliding L backwards (5), Turn 3/8 L stepping L to L side (6) 6:00

7&8 Hitch R knee (7), step R down (&), hitch L knee (8) 6:00

[25 - 32] Down L and hand throws, rolling vine into R side rock & with circle arms, step 1/2 L

1 - 2 Step L to L side throwing R arm fwd to L diagonal as if grabbing a rope (1), do the same with L but in front of R hand (2) 6:00

3 - 4 Pull arms down and turn 1/4 R stepping R fwd (3), turn 1/2 R stepping L back 3:00

5 - 6 Turn 1/4 R rocking R to R side bending knees (5), Recover on to L (6)

Arms: starting on count 5 with R arm up and L hand down move them in a semi-circle clockwise as if drawing a circle finishing with L forearm on top of R on count 6 - 6:00

7 - 8 Step R fwd (7), Turn 1/2 L transferring weight to L 12:00

C Part: 32 counts/2 walls

[1 - 8] R&L samba steps, R kick ball point, rolling vine

1&2 Cross R over L (1), Step L to L side (&), Step R next to L turning body to R diagonal (2) 1:30

3&4 Cross L over R (3), Step R to R side (&), Step L next to R turning body to L diagonal (4) 10:30

**5&6 Kick R fwd to R diagonal (5), Step R next to L (&), turning 1/8 R point L to L side
12:00**

7 - 8 Turn ¼ L stepping L fwd (7), turn ½ L stepping R back (8) 3:00

[9 - 16] ¼ L side rock, behind, side, 1/8 R onto L fwd, ½ R, full turn R

1 - 2 Turn ¼ L rocking L to L side (1), Recover on to R (2) 12:00

3 - 4 Cross L behind R (3), Turning 1/8 turn R step R fwd to R diagonal (4) 1:30

5 - 6 Step L fwd (5), Turn ½ R transferring weight to R (6) 7:30

7 - 8 Turn ½ R stepping L back (7), Turn ½ R stepping R fwd (8) 7.30

[17 - 24] L&R samba steps, L kick ball point, rolling vine

**1&2 Cross L over R (1), Step R to R side (&), Step L next to R turning body to L
diagonal (2) 4:30**

**3&4 Cross R over L (3), Step L to L side (&), Step R next to L turning body to R diagonal
(4) 7:30**

**5&6 Kick L fwd to L diagonal (5), Step L next to R (&), turning 1/8 L point R to R side
6:00**

7 - 8 Turn ¼ R stepping R fwd (7), turn ½ R stepping L back (8) 3:00

[25 - 32] ¼ R side rock, behind, side, 1/8 L onto R fwd, ½ L, full turn L

1 - 2 Turn ¼ R rocking R to R side (1), Recover on to L (2) 6:00

3 - 4 Cross R behind L (3), Turning 1/8 turn L stepping L fwd to L diagonal (4) 4:30

5 - 6 Step R fwd (5), Turn ½ L transferring weight to L (6) 10:30

**7 - 8 Turn ½ L stepping R back (7), Turn ½ L stepping L fwd (8) Start again crossing R
over L with body facing L diagonal 10:30**

Ending Finish your last C to 12:00: Step R to R side and do the circle arms 12:00